

I eat that way Food Restaurants User Windows Help

All

Acc. to groups

Favorite

Working

Acc. to contents

Base of products

Chicken broth

Add

Remove

|Correct

Send to...

Close

Name of product

Tinted chicken, broth

Chicken broth

Tinted chicken broth

Chicken broth or bouillon

Stock cube

Contents of meal

Composition and contents

Group:

One's own products

Name:

Chicken broth

Glycemic index:

23

Contents/100 g

Composition of meal

Additional compon.

Element	amount	units	% of stand.
Energy (kcal)	106.8 kcal		4.9
Protein	8.78 g		5.7
Fats	8.2 g		8.5
Carbohydrates	4.15 g		1.8
Tryptophan	0.11 g		50.9
Theonine	0.4 g		93.9
Isoleucine	0.39 g		64.4
Leucine	0.68 g		70.1
Lysine	0.75 g		109.6
Methionine	0.25 g		26.5
Phenylalanina	0.34 g		36.1
Valine	0.43 g		62.9

OK

Cancel

Analyzer 0.2

Food products...

start

Clipboard - Info...

ACDSee Class...

N Analyzer

15:11

FIG. 1

Parameters of the program

Muzik podał jakiej dane
dł
sędziwa
v
ad
vśdv

DZ DOBR
WIE TY

Name
Jan

Surname
Kowalski

Friends call me:
Janek

< Back Next > Finish X Cancel

FIG. 2 A

Parameters of the program

Muzik podał jakiej dane
dł
sędziwa
v
ad
vśdv

DZ DOBR
WIE TY

Date of birth:
1971-01-06

Weight in kg:
60

Sex:
☐ Man
☒ Woman

Height in cm:
180

BMI:
[redacted]

Other:
☐ Pregnancy
☐ Breast-feeding

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FIG. 2 B

Parameters of the program [X]

Andrzej Mlynarski

Muscle protein synthesis rate

☐ sedentary

☐ intense

☐ very intense

predisposition

Lifestyle

☒ sedentary

☐ intense

☐ very intense

Predisposition to obesity

☐ I have't predisposition

☒ I have predisposition

☐ I have big predispositions

< Back **Next >** Finish **X Cancel**

FIG. 2 C

Parameters of the program [X]

Andrzej Mlynarski

Muscle protein synthesis rate

☐ sedentary

☐ intense

☐ very intense

I don't practice professional sports

☐ I practice fast-strength sports

☐ I practice endurance sports

Amount of training hours daily []

< Back **Next >** Finish **X Cancel**

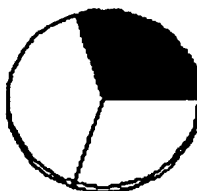
FIG. 2 D

Parameters of the program

Mixtura produktów jest dobra.
 di
 sadziw
 v
 id
 wdy

EDZ DOBR
INIE TIO

Energy from:	%
Carbohydrates	40
Proteins	30
Fats	30



☒ 30 Carbohydrates
☐ 40 Proteins
☐ 30 Fats

FIG. 2 E

Parameters of the program

Mixtura produktów jest dobra.
 di
 sadziw
 v
 id
 wdy

EDZ DOBR
INIE TIO

Energy:

FIG. 2 F

Base of products						Food Restaurants User Windows Help					
All	Acc. to groups	Favorite	Working	Acc. to contents							
Remove Correct Close											
Contents of meal											
Composition and contents											
Group:		PL2 - Meat, fish, poultry, eggs									
Name:		Knuckle of pork, roasted									
Glycemic index:		30									
		Favorite portion 1 portion (328 g)									
Contents/100 g		Additional compon.									
Element	amount	units	% of stand.								
Energy (kcal)	336,5 kcal		15,3								
Protein	28,63 g		18,5								
Fats	23,05 g		31,6								
Carbohydrates	0 g		0,0								
Tryptophan	0,2928 g		135,6								
Threonine	1,235 g		289,9								
Isoleucine	1,247 g		205,8								
Leucine	1,908 g		202,5								
Lysine	2,055 g		300,5								
Methionine	0,6174 g		65,5								
Phenylalanina	1,056 g		112,1								
Valine	1,341 g		196,1								
OK Analy											

Desc	Chicken broth
	Olive oil
	Sugar
	Lentil, row
	Bran
	Orange, juice
	Baguette
	Knuckle of pork

Analyzer 0.2
 Favorite

Start | Desktop 7 | register | Clipboard - Info... | ACDSee Classi... | Analyzer

15:14

FIG. 3

[illegible]

FIG. 4